

The Chair in Hindu Studies at Concordia Presents:

# "BEYOND THE MIND"

A Talk and Q&A with Gurumatha Amma

Friday, August 12, 2016 — 7:00 to 9:30 pm  
Room H-767 Hall Building  
1455 de Maisonneuve West

Her Divine Grace Gurumatha Amma embodies motherly affection and unconditional love. She has been imparting knowledge of Self-Realization to thousands of people in India and abroad. In this talk, Amma will expound on what meditation means for true mental, physical and spiritual wellbeing. A Q&A will follow.

Amma teaches Meditation, Yoga, Sanskrit, Vedic Studies, and Ayurvedic Medicine at her ashram, Sridhara Sri Gudda, in Bangalore.

Come experience her light in person.



## Contact Information:

Shyam  
(514) 633 - 9193  
shyamprasad@sympatico.ca

Vasavan  
(450) 465 - 6389  
vasavannair@yahoo.ca

[www.gurumathaamma.com](http://www.gurumathaamma.com)

